

Country Fried Flounder

Serves: 6

Ingredients:

2 pounds flounder fillets, fresh
1 cup cornmeal
1/2 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon ground black pepper

Preparation:

- 1) Skin fillets. Cut fillets into serving size portions.
- 2) Combine cornmeal with seasonings. Roll fish in cornmeal mixture.

PAN FRY:

- 1) Place flounder in an iron skillet which has been preheated with about 1/8 inch of oil.
- 2) Brown on one side 2 - 3 minutes. Carefully turn and cook on the other side an additional 3 minutes, until fish flakes easily with a fork.
- 3) Serve with tartar sauce and coleslaw.

Chef's Tip

Marinate the fish in buttermilk for one hour prior to frying for a moist authentic taste.